

You Can Quit • We Can Help

QuitNow
Kentucky



**Tobacco Cessation
For You & Your Baby**

To enroll and earn incentives for a
healthier pregnancy and baby, call:

1-800-QuitNow
(1-800-784-8669)

Telephone • Text • Online

Bilingual • It's Free

Quit Now

Quitting smoking is important for your health and that of your baby. You can decrease the risk for:

- Premature delivery
- Low birth-weight baby
- Stillbirth
- Sudden infant death syndrome (SIDS)

When you call Quit Now Kentucky you will receive **FREE**:

- **Support** from your designated quit coach
- A **personalized** quit plan and self-help materials
- **Incentives** for completing calls